



## How to feed your family their 5-a-day by Anneliese Giggins

### Thursday 22<sup>nd</sup> January

**Breakfast** - Fruit smoothie (frozen blueberries, apricots, frozen spinach, orange juice and yogurt) with toast. 3 ½

**Lunch** - Egg and cucumber sandwiches with raisins and carrot sticks. 2

**Snack** - Rich tea biscuits and apples. 1

**Dinner** - rice bake (cauliflower sauce with spinach, rice and cheese on top). 2

#### 7 a-day tally

Me 8 ½, Neil 8 ½, Isaac 6 ½ Oliver 6 ½

### Friday 23<sup>rd</sup> January

**Breakfast** - Weetabix with banana. 1

**Lunch** - Pasta salad (grated beetroot, carrot, sliced cucumber, tomato and celery) with raisins and an apple. 3

**Dinner** - Slow cooked gammon with sweet potato wedges, homemade coleslaw and mixed salad. 3

**Pudding** - Jelly and peaches. 1

#### 7 a-day tally

Me 8, Neil 7, Isaac 8, Oliver 6

### Saturday 24<sup>th</sup> January

**Breakfast** - Fruit smoothie (frozen blueberries, pear, frozen spinach, bananas, orange juice and yoghurt) with toast. 4

**Lunch** - Salad sandwiches. 1

**Snack** - Crisps

**Dinner** - Roasted vegetable risotto. 3

#### 7 a-day tally

Me 8, Neil 8, Isaac 8, Oliver 8

### Sunday 25<sup>th</sup> January

**Breakfast** - Porridge with grated apple and kiwi fruit. 2

**Lunch** - Roast dinner (roast parsnips, peas, carrots, broccoli, cauliflower) 3 - some portion sizes not quite enough to class as a serving.

**Pudding** - Mixed fruit salad with ice cream. 1

**Dinner/tea** - Slices of pizza, quiche, bread and hummus with vegetable sticks (red pepper, celery, cucumber and tomatoes) 4

## 7 a-day tally

Me 8, Neil 9, Isaac 8, Oliver 7

## Monday 26<sup>th</sup> January

**Breakfast** - Weetabix with banana. 1

**Lunch** - Bagel filled with hummus and grated carrot. Raisins and grapes. 3

**Snack** - Apple. 1

**Dinner** - Sausages with butterbean mash, brussel sprouts, roasted Jerusalem artichokes and gravy. 3

## 7 a-day tally

Me 8, Neil 8, Isaac 7, Oliver 6

## Tuesday 27<sup>th</sup> January

**Breakfast** - fruit smoothie (frozen blueberries, frozen spinach, pear, orange juice and yogurt) with cereal. 3

**Lunch** - Sliced pitta bread with sticks of carrot, celery, red pepper and cucumber and hummus for dipping. Raisins. 5

**Snack** - digestive biscuit

**Dinner** - Spinach pasta bake. 2

## 7 a-day tally

Me 9, Neil 8, Isaac 10, Oliver 6

## Wednesday 28<sup>th</sup> January

**Breakfast** - Weetabix with banana. 1

**Lunch** - Egg sandwiches with cress and cucumber. Raisins. 1

**Dinner** - Shepherds pie with parsnip mash. 4

**Pudding** - Pineapple and prunes with yogurt. 2

## 7 a-day tally

Me 7, Neil 7, Isaac 7, Oliver 6